



To run a 10k well and have a good performance a runner must have already developed an aerobic base. I would suggest working on your distance base for 10 to 14 weeks before you start your interval training. There is a lot of evidence that shows that the number of blood capillaries surrounding muscle fibers increases with training. Doing this base work will allow your muscles to make some new mitochondria and to increase the number of blood capillaries. This will allow your body to deliver more oxygen to the muscles, thus making the transition to interval training safer. If you start playing around with interval training before your body is ready you are inviting injury and overtraining syndrome. I feel that you should only run three hard workouts a week. The three are a weekly, tough interval session, a tempo run, and a long run. If you are not a full time professional runner then putting in more than three hard sessions a week can lead to trouble. I would suggest trying to do your hard workouts on Tuesday and Saturday. Sunday will be your long run day and Monday will be your easiest day.

Let's discuss the types of runs you'll be doing. I believe there are four types of runs.

Interval Training or Speed Work:

An anaerobic workout. This is running done at a faster pace than your race pace. If for example you run 10k's at an average of six minutes a mile then this speed work will be done in a pace between 5:15 and 5:45 per mile. An interval session could be 3 times one mile at 5:40 pace with a rest in between of 5 minutes in a very slow jog, allowing your body to recover before the next hard mile. This type of workout lets your body learn to run fast. It recruits fast twitch muscle fibers that do not get used in long distance runs. If there is no track available where you live I would suggest running 6 minutes hard, 5 minutes very easy (a jog). Repeat this three times. These longer interval runs, work well in increasing your VO2 max. The amount of oxygen your body uses that it takes in. If you can increase your VO2 max you will be able to run faster at a faster pace.

Tempo runs:

Are runs done at a pace close to but never exceeding your lactate threshold. Your lactate threshold is the fastest pace running that you can maintain for a fairly long period of time (around 20 minutes) without accumulating lactic acid. You can increase your lactate threshold through tempo runs. You should run between 4 and 6 miles at 20 to 30 seconds slower than your race pace. I recommend finding a nice quiet road that has some hills and some flat sections. The change of terrain will stress different muscles and will improve your running economy. These runs are the closest you will get to simulate a racing situation. Interval sessions are much faster than race pace and distance runs are much slower than a race. Tempo runs will help with your pace judgment and your running form. It is a bit of a race situation without the exhaustion you will have in your real races.

Long Distance Runs:

Long runs are usually done on Sunday mornings the day after your tempo run or interval session. This is a long aerobic run, you're building your aerobic base. You should do this run much slower than your race pace. This run should be done at a conversational pace. If you have a training partner you will want to be able to talk to them for the entire run. You should be able to enjoy the weather, the scenery as well as your training partner of these runs. Smell the air of the season you are in.

Easy Days:

These are days off, cross training or slow short runs to aid in recovery from hard days. The easy day is often overlooked but is needed to prevent injuries and illnesses that come from over training.

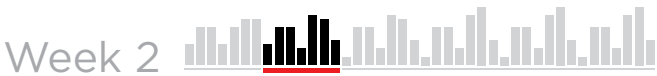
Training Plans • 10K Intermediate



| Sunday | Monday | Tuesday | Wed. | Thursday | Friday | Saturday |
|--|--|---|---|--------------------------------|---|---|
| 7-14 miles: Long distance run at a conversational pace. | Easy day. Don't be afraid to take a Monday off every now and then. Cross training, like cycling or swimming, is also great. | Interval Training: 3x 1 mile at 20 seconds faster than 10K pace. Take 5 minutes of slow jogging in between each mile. | 6-8 miles. Long distance run at a conversational pace. | 6-8 miles. 6x 100M strides. | 4-5 miles. Long distance run at a conversational pace. | 4-6 mile tempo run at 30 seconds slower than your 10K pace. |

Notes:

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| Sunday | Monday | Tuesday | Wed. | Thursday | Friday | Saturday |
|--|--|---|---|--------------------------------|---|---|
| 7-14 miles: Long distance run at a conversational pace. | Easy day. Run no more than 30 minutes or take a rest. | Interval Training: 6x 800M 20 seconds faster than 10K pace. 400M recovery jog between each. | 6-8 miles. Long distance run at a conversational pace. | 6-8 miles. 6x 100M strides. | 5 miles. Long distance run at a conversational pace. | 4-6 mile tempo run at 30 seconds slower than your 10K pace. |

Notes:

Training Plans • 10K Intermediate



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 3



| Sunday | Monday | Tuesday | Wed. | Thursday | Friday | Saturday |
|--|--|--|---|--------------------------------|---|---|
| 7-14 miles: Long distance run at a conversational pace. | Easy day. Run no more than 30 minutes or take a rest. | Interval Training: 4x 400M hard. 2x 400M jog. v 3x 400M hard. 2x 400M jog. 2x 400M hard. 1x 400M jog. 1x 400M hard. | 6-8 miles. Long distance run at a conversational pace. | 6-8 miles. 6x 100M strides. | 5-7 miles. Long distance run at a conversational pace. | 4-6 mile tempo run at 25 seconds slower than your 10K pace. |

Notes:

Training Plans • 10K Intermediate



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 4



| Sunday | Monday | Tuesday | Wed. | Thursday | Friday | Saturday |
|--|------------------------------------|---|---------------------------|------------------------------|---|---|
| 8-14 miles: Long distance run at a conversational pace. | Easy day. Jog 20 to 30 minutes. | Interval Training: 3x 1 mile (3 miles total) on the track with a 4-5 minute recovery jog between each. | Easy day. Cross train. | 8 miles. 6x 100M strides. | 5-7 miles. Long distance run at a conversational pace. | 4-6 mile tempo run at 20 seconds slower than your 10K pace. |

Notes:

Training Plans • 10K Intermediate



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 5



| Sunday | Monday | Tuesday | Wed. | Thursday | Friday | Saturday |
|--|-------------------------------------|--|-------------------------|---|--|----------------------|
| 8-14 miles: Long distance run at a conversational pace. | Easy day. Short jog or rest day. | Interval Training: 10x 400M with 400M recovery jog after. | Easy day. 3-4 miles. | 5-7 miles. Long distance run at a conversational pace. | Interval Training: 5x 800M at 5K race pace with a 400M jog in between each. | Long run - one hour. |

Notes:

Training Plans • 10K Intermediate



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 6



| Sunday | Monday | Tuesday | Wed. | Thursday | Friday | Saturday |
|---|--|---|---|----------|---|----------------|
| 3 miles: Long distance run at a conversational pace. | Interval training: 8x 400M with 200M recovery jog inbetween each. Run at a 5K race pace. | 4 miles. Long distance run at a conversational pace. | 4 miles. Long distance run at a conversational pace. | Day off. | 3 miles. Long distance run at a conversational pace. | Run your race! |

Notes:
